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**Yellow Tag Terminology...**

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| Yellow belt signifies the earth from which the plant sprouts and takes roots as the foundations of Tae Kwon Do are laid. |

**What is a pattern?**

* A set of fundamental movements, mainly in defence and attack, set in a logical sequence against one or more imaginary opponents.

**What is the Korean for**...

* Pattern - Tul
* Forearm guarding block - Palmok Daebi Makgi
* L stance - Niunja Sogi
* Walking stance - Gunnun Sogi
* Sitting stance - Annun Sogi
* Outer forearm low block - Bakat Palmok Najunde Makgi
* Inner forearm middle block - An Palmok Kaunde Makgi
* Parallel ready stance - Narani Junbi Sogi
* Obverse punch - Baro Jurugi
* Reverse punch - Bandae Jurugi
* Double punch - Doo Jurugi
* Front kick - Ap Chagi
* Knifehand strike - Sonkal Taerigi
* Forearm rising block - Palmok Chookyo Makgi

**Body Parts**

* Ball of Foot- Ap Kumchi
* Knife Hand- Sonkal
* Fore Fist- Ap Joomuk

**Chon Ji means literally** “heaven and earth” In the Orient it is interpreted as the creation of the world, or the beginning of human history, therefore, it is the initial pattern performed by the beginner. The pattern consists of two similar parts, one to represent the heaven and the other to the earth.